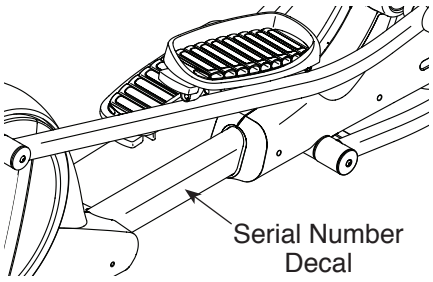
PRO-FORM® 735 E

www.proform.com

Model No. PFEL18014.0
Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to www.proformservice.com/registration.

CUSTOMER CARE

For service at any time, go to www.proformservice.com.

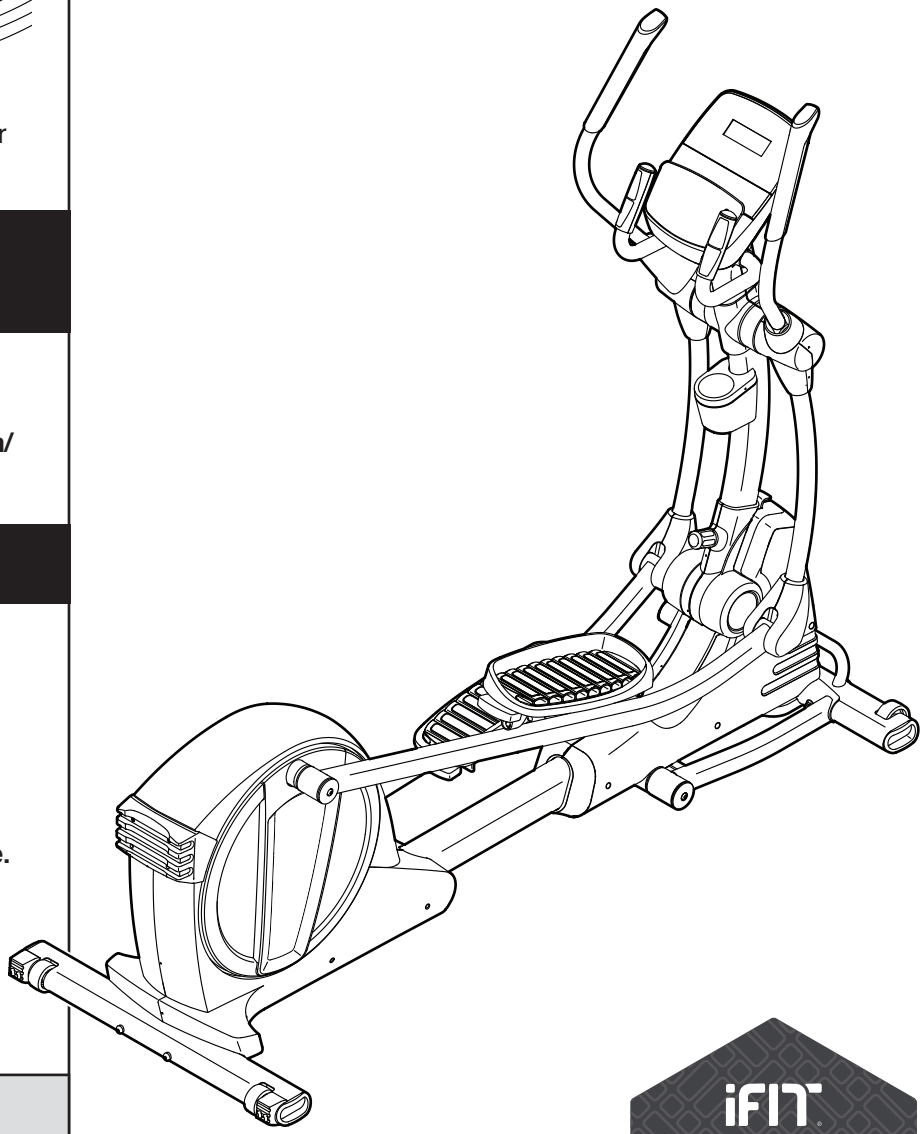
Or call 1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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MAKE YOUR FITNESS GOALS A REALITY
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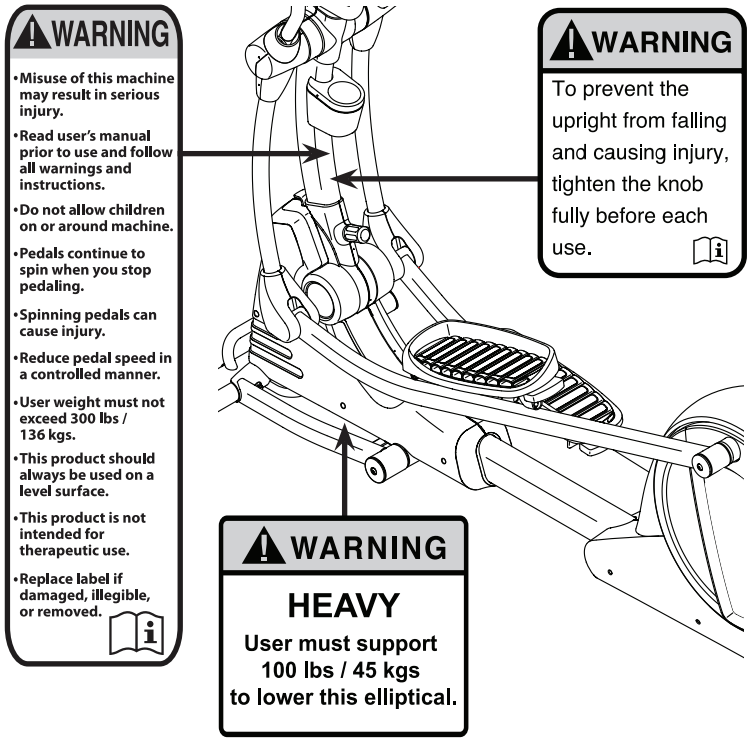
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
•Misuse of this machine may result in serious injury.
•Read user's manual prior to use and follow all warnings and instructions.
•Do not allow children on or around machine.
•Pedals continue to spin when you stop pedaling.
•Spinning pedals can cause injury.
•Reduce pedal speed in a controlled manner.
•User weight must not exceed 300 lbs / 136 kgs.
•This product should always be used on a level surface.
•This product is not intended for therapeutic use.
•Replace label if damaged, illegible, or removed.
WARNING
To prevent the upright from falling and causing injury, tighten the knob fully before each use.
WARNING
HEAVY
User must support 100 lbs / 45 kgs to lower this elliptical.

PROFORM is a registered trademark of ICON Health & Fitness, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.**
2. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
3. **Use the elliptical only as described in this manual.**
4. **The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.**
5. **Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.**
6. **Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.**
7. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
8. **Keep children under age 12 and pets away from the elliptical at all times.**
9. **When connecting the power cord (see page 10), plug the power cord into a grounded circuit.**
10. **Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.**
11. **Do not operate the elliptical if the power cord or plug is damaged, or if the elliptical is not working properly.**
12. **DANGER: Always unplug the power cord and switch the power switch to the off position when the elliptical is not in use and before cleaning the elliptical. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**
13. **Do not attempt to place the elliptical in the storage position until it is properly assembled and the upright is folded. You must be able to safely support 100 lbs. (45 kg) to place the elliptical in the storage position.**
14. **The elliptical should not be used by persons weighing more than 300 lbs. (136 kg).**
15. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.**
16. **Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.**
17. **The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**
18. **The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.**
19. **Keep your back straight while using the elliptical; do not arch your back.**
20. **Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.**

SAVE THESE INSTRUCTIONS

MAKE YOUR FITNESS GOALS A REALITY

Congratulations on the purchase of your new iFit® compatible fitness equipment. You're just one click away from making your fitness goals a reality.

GO TO IFIT.COM TO GET STARTED

DO MORE THAN JUST WORK OUT

iFit® is the most powerful training tool available to help you accomplish all of your fitness goals. From weight loss and performance to personalized training programs, iFit® is the key to getting more out of everything you do. Some features require paid subscription.

LOSE WEIGHT
Stay on track and motivated with progressive weight loss programs with our trainers, including Jillian Michaels.

PERSONALIZED EVENT TRAINING
5k, 10k, half or full marathon training will help you prepare for your event.

MAP YOUR ROUTE
With Google Maps™, your fitness equipment will simulate the earth's terrain while displaying Street View during your workout.

COMPETE WITH OTHERS
Push yourself to new limits with real-time virtual races.

GO MOBILE
Track your workout anywhere you go with iFit® mobile apps.

SHARE YOUR PROGRESS
Inspire others, motivate yourself and share routes, workouts and more.

GO TO

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OR CALL

877-236-1009

PROTECT

YOUR FITNESS EQUIPMENT WITH AN EXTENDED SERVICE PLAN

Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
$0.00 to $1000.00	$199.99	$289.99
$1001.00 to $1500.00	$259.99	$379.99
$1501.00 to $2500.00	$339.99	$489.99
(Bikes/Systems Only) $0.00 to $2500.00	$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
$0.00 to $300.00	$29.99	$39.99	$59.99
$301.00 to $1000.00	$89.99	$119.99	$149.99
$1001.00 to $2000.00	$109.99	$139.99	$179.99
$2001.00 to $3000.00	$179.99	$209.99	$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please call Customer Care at 1-800-677-3838.
Or, visit us online at www.utserv.com.

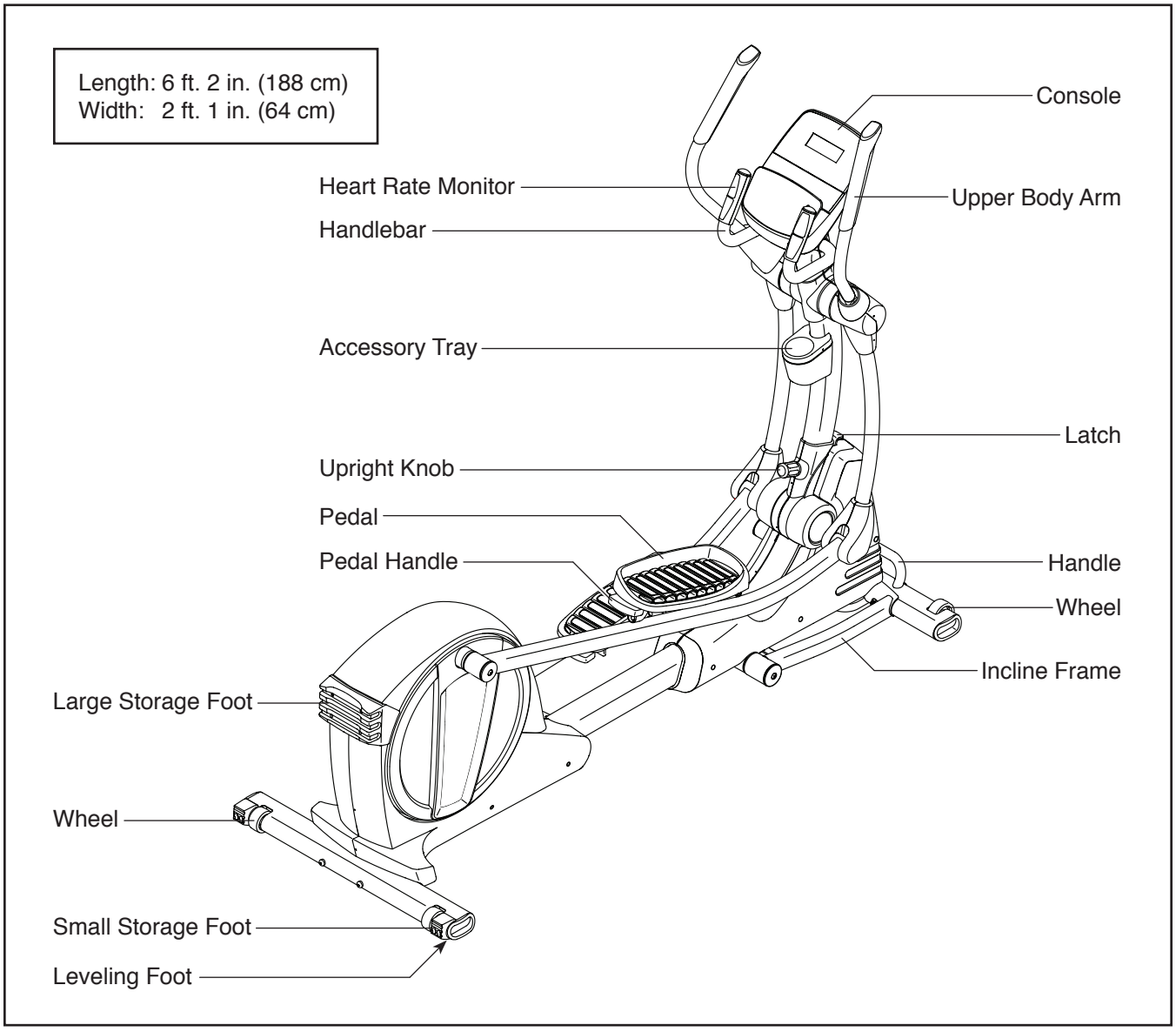
UTS
UNIVERSAL TECHNICAL SERVICES

BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 735 E elliptical. The 735 E elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



ASSEMBLY

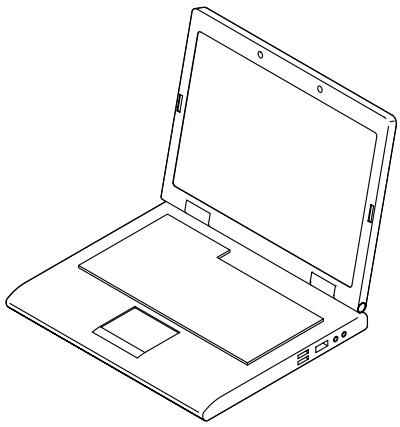
- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Assembly requires only the included tool(s).

1. **Go to www.proformservice.com/registration on your computer and register your product.**

   - activates your warranty
   - saves you time if you ever need to contact Customer Care
   - allows us to notify you of upgrades and offers

   Note: If you do not have Internet access, call Customer Care (see the front cover of this manual) and register your product.

1



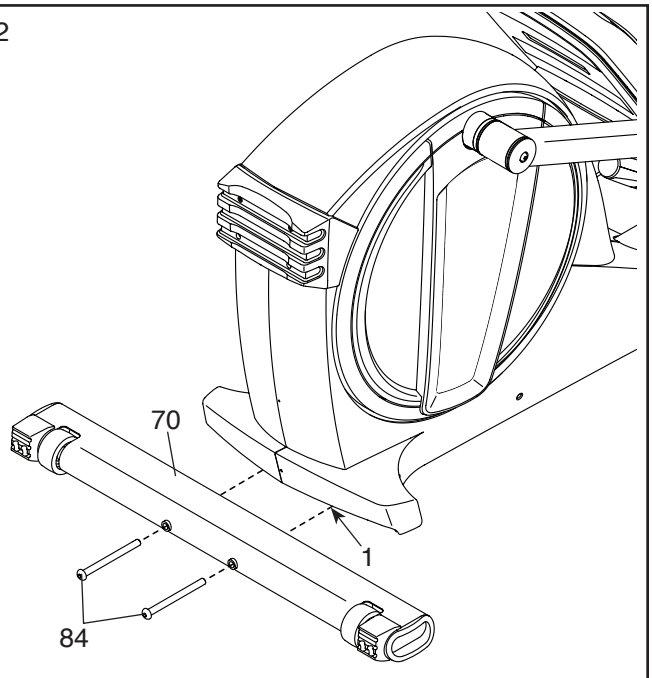
2. With the help of another person, place some sturdy packing materials under the rear of the Frame (1) so that the Frame is lifted off the floor. **Have the other person hold the elliptical to prevent it from tipping.**

   If there are shipping supports attached to the rear of the Frame (1), remove the screws attaching the shipping supports. Discard the screws and the shipping supports.

   Attach the Rear Stabilizer (70) to the Frame (1) with two M10 x 120mm Screws (84).

   Then, remove the packing materials and lower the elliptical.

2

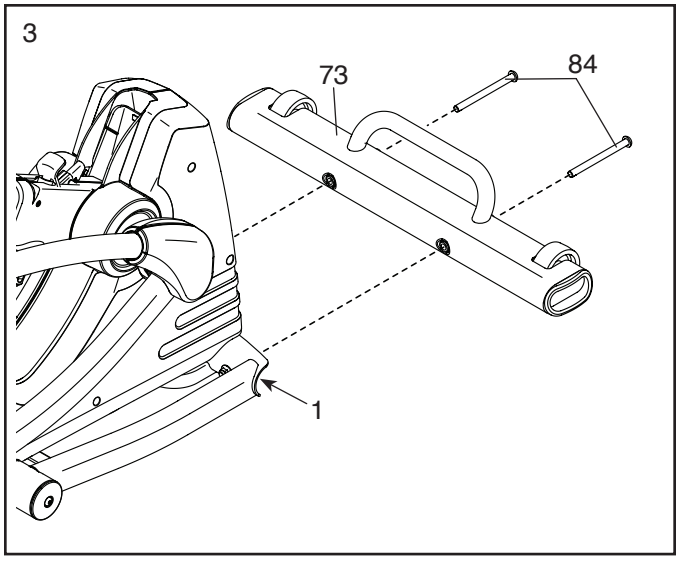


3. With the help of another person, place some sturdy packing materials under the front of the Frame (1). **Have the other person hold the elliptical to prevent it from tipping.**

   If there are shipping supports attached to the front of the Frame (1), remove the screws attaching the shipping supports. Discard the screws and the shipping supports.

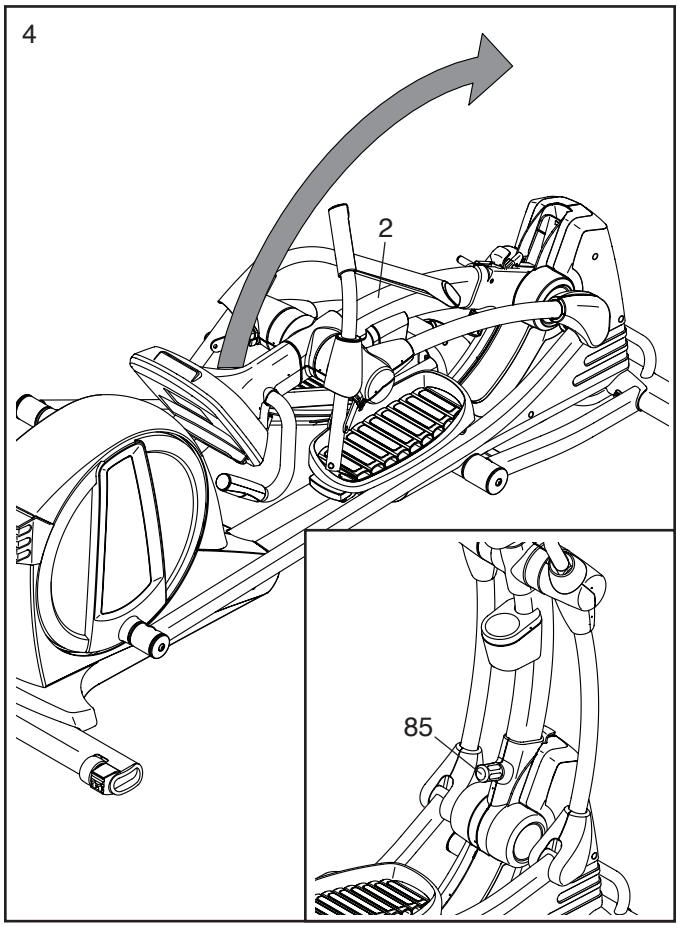
   Attach the Front Stabilizer (73) to the Frame (1) with two M10 x 120mm Screws (84).

   Then, remove the packing materials and lower the elliptical.



4. With the help of a second person, raise the Upright (2) to the vertical position.

   See the inset drawing. Tighten the Upright Knob (85).



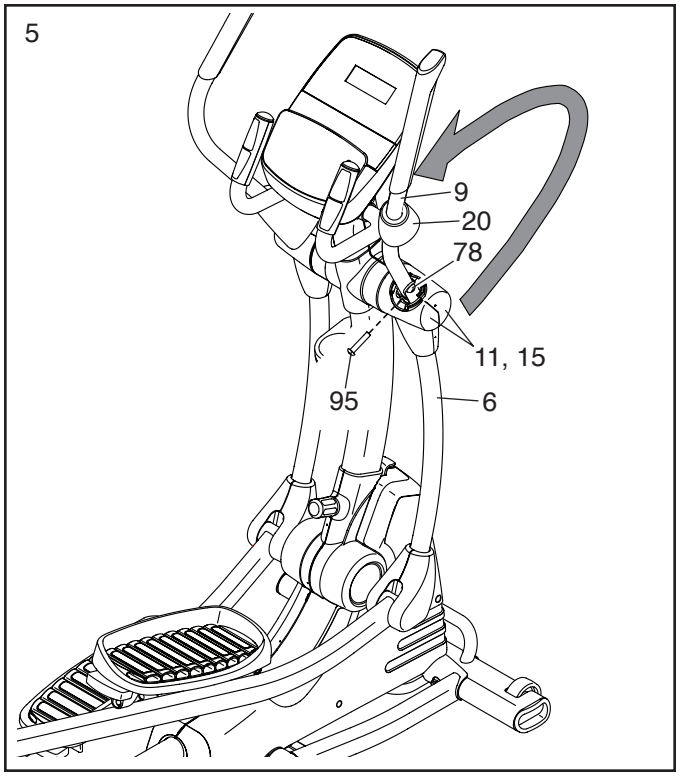
5. Rotate the Right Upper Body Arm (9) to the position shown.

   Attach the Right Upper Body Arm (9) to the Right Upper Body Leg (6) with an M10 x 50mm Screw (95).

   Next, tighten the indicated M10 x 45mm Screw (78).

   Then, press the Upper Body Arm Cover (20) downward and turn it so that it is flush with the Right Leg Front and Rear Covers (11, 15).

   Repeat this step on the other side of the elliptical.



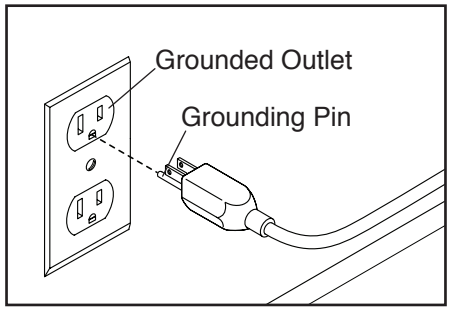
6. **Make sure that all parts of the elliptical are properly tightened.** Note: Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER CORD

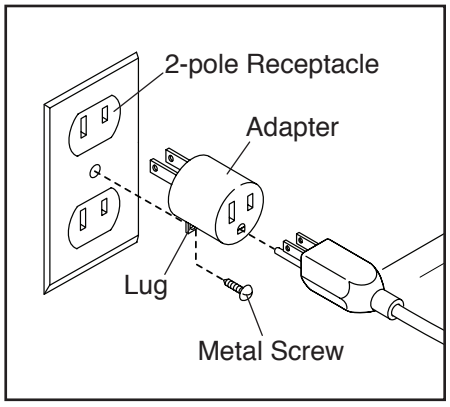
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The power cord has a plug with a grounding pin.

⚠DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug; if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the product is properly grounded, contact a qualified electrician.



Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. The outlet must be on a nominal 120-volt circuit.

A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available.

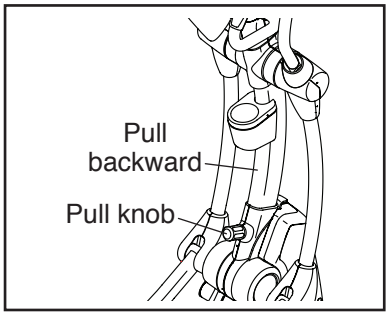


The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded before using an adapter. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

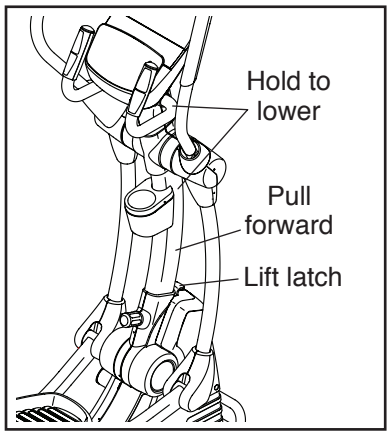
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons.

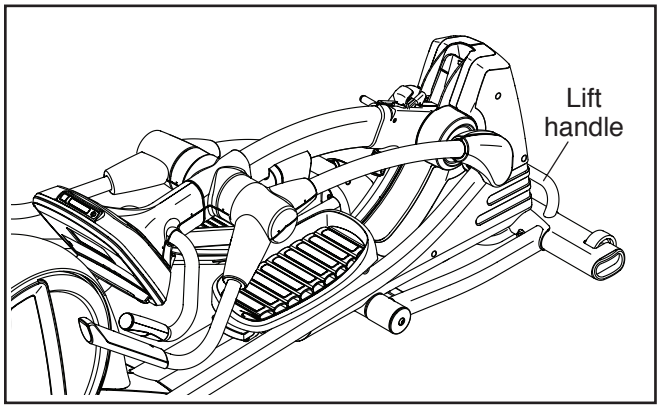
First, loosen the upright knob. Next, pull the upright knob, pull the upright backward until the latch stops the upright, and then release the upright knob.



Next, pull the upright forward slightly, lift the latch, and then lower the upright to the folded position. **Hold the upright in one of the indicated locations while you lower the upright; do not hold the upper body arms.**

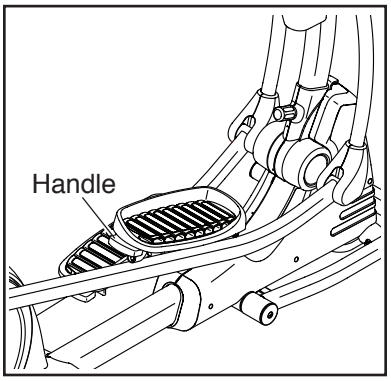


Next, hold the handle on the front stabilizer and lift the elliptical until it will roll on the wheels (not shown) on the rear stabilizer. Then, carefully move the elliptical to the desired location, and lower it to the floor.



When you are finished moving the elliptical, lift the upright to the vertical position and tighten the upright knob.

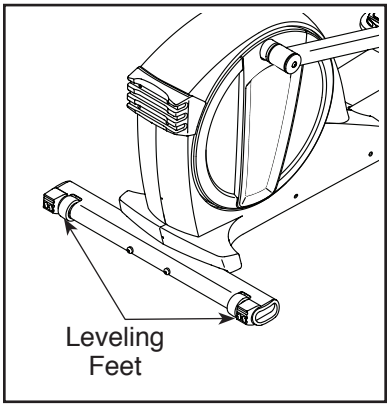
HOW TO ADJUST THE POSITIONS OF THE PEDALS



Each pedal can be adjusted to several positions. To adjust each pedal, simply pull the pedal handle outward, move the pedal to the desired position, and then release the pedal handle into an adjustment hole beneath the pedal. Make sure to adjust both pedals to the same position.

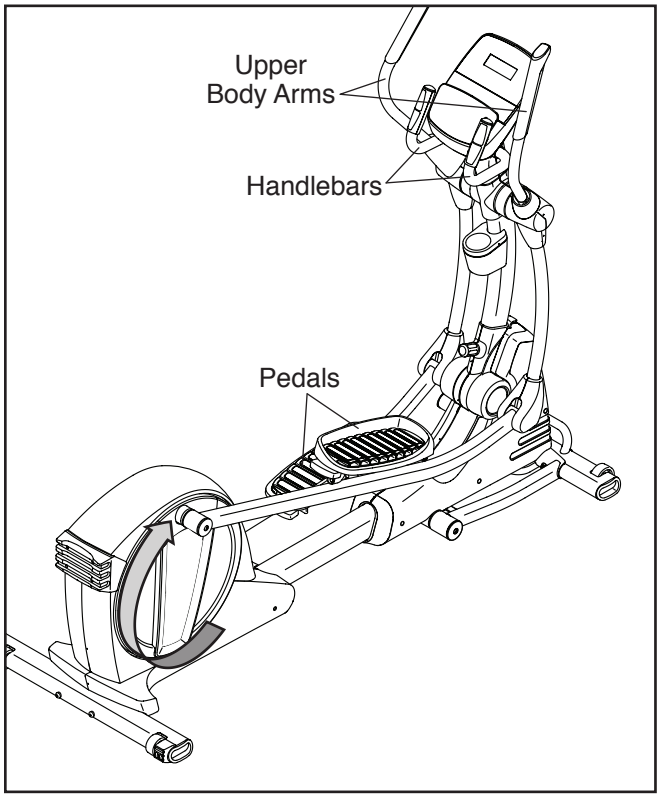
HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.



HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars or the upper body arms and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.**



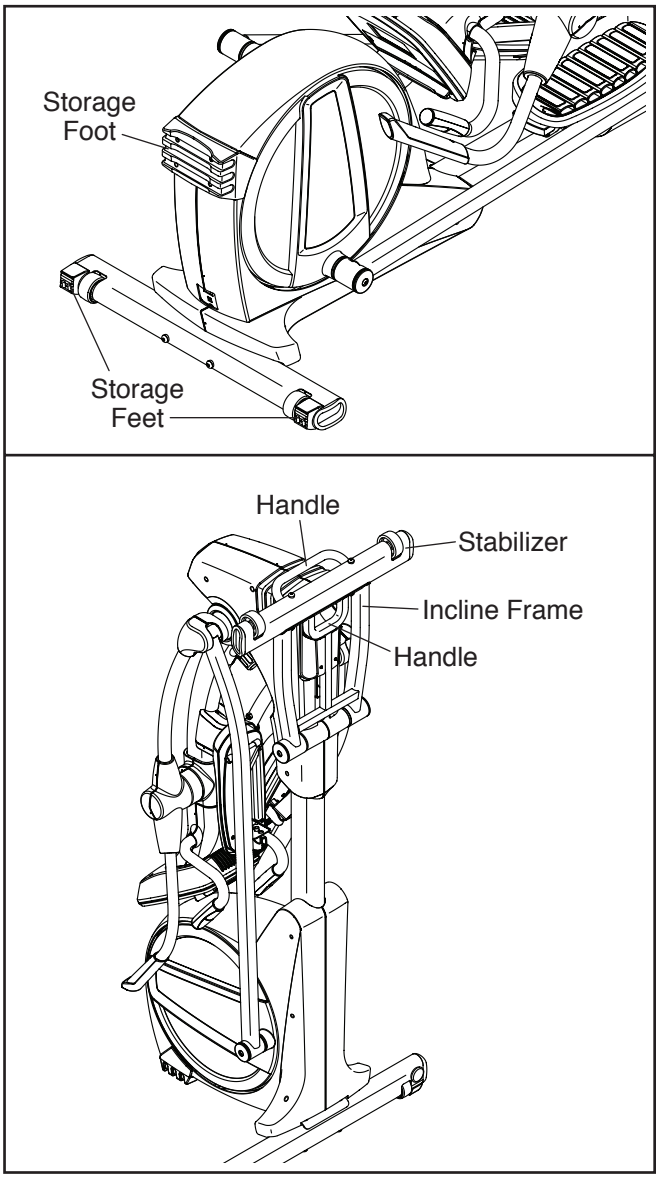
To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

HOW TO STORE THE ELLIPTICAL

Due to the size and weight of the elliptical, storing it requires two persons. CAUTION: You must be able to safely lift 100 lbs. (45 kg) to lift, store, and lower the elliptical.

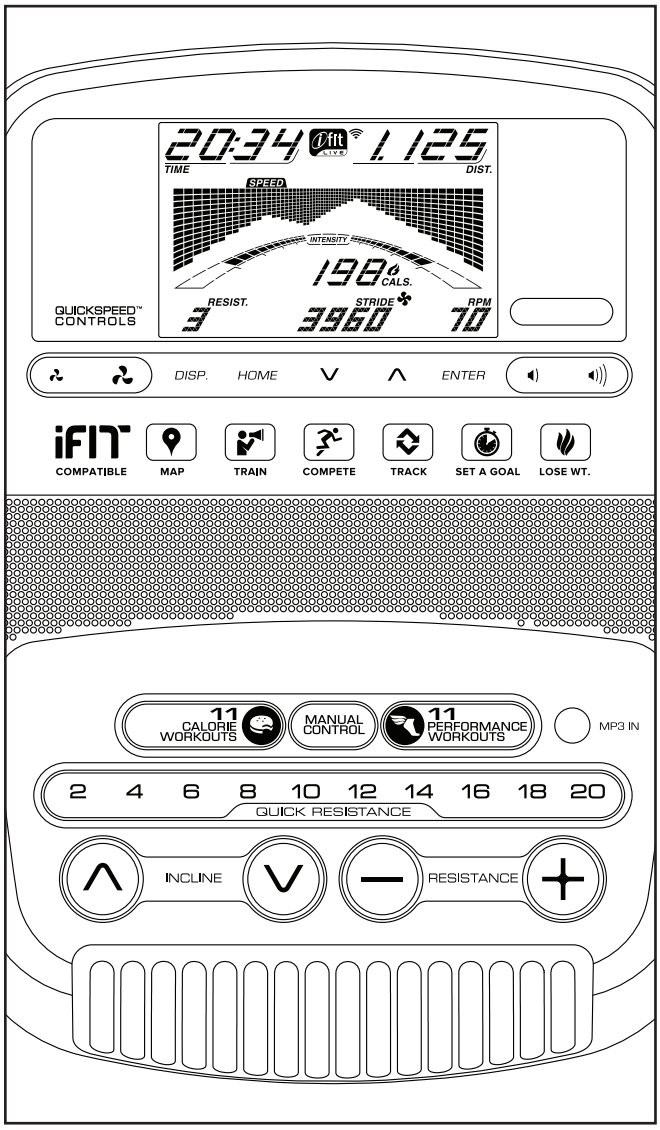
See HOW TO MOVE THE ELLIPTICAL on page 11 and lower the upright to the folded position.

Next, hold the handle (not shown) on the front stabilizer and lift the elliptical to the upright position so that it is resting on the small and large storage feet.



To lower the elliptical for use, first hold the handle on the incline frame with one hand and hold the front stabilizer with your other hand. Next, pull the frame towards you and lower it until you can reach the handle on the front stabilizer. Then, hold the handle on the front stabilizer with both hands and finish lowering the elliptical to the floor.

CONSOLE DIAGRAM



MAKE YOUR FITNESS GOALS A REALITY WITH IFIT.COM

With your new iFit-compatible fitness equipment, you can use an array of features on iFit.com to make your fitness goals a reality:

MAP — Exercise anywhere in the world with customizable Google Maps.

TRAIN — Download training workouts designed to help you reach your personal goals.

COMPETE — Measure your progress by competing against other users in the iFit community.

TRACK — Upload your workout results to the iFit cloud and track your accomplishments.

SET A GOAL — Set calorie, time, or distance goals for your workouts.

LOSE WT. — Choose and download sets of weight-loss workouts

Go to iFit.com to learn more.

FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode, you can change the resistance of the pedals and the incline of the frame with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor.

The console also offers a selection of onboard workouts. Each workout automatically changes the resistance of the pedals and the incline of the frame as it guides you through an effective workout. You can also set a calorie, distance, or time goal.

The console also features an iFit mode that enables the console to communicate with your wireless network through an optional iFit module. With the iFit mode, you can download personalized workouts, create your own workouts, track your workout results, race against other iFit users, and access many other features. **To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

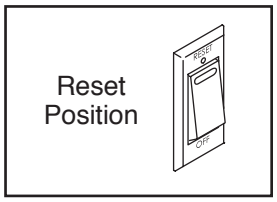
To use the manual mode, see page 15. **To use an onboard workout,** see page 17. **To use a set-a-goal workout,** see page 18. **To use an iFit workout,** see page 19. **To use the sound system,** see page 20. **To change console settings,** see page 21.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO TURN ON THE POWER

IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 10). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position.



The display will then turn on and the console will be ready for use.

Note: When you turn on the power for the first time, the incline system may calibrate automatically. The frame will move upward and downward as it calibrates. When the frame stops moving, the incline system is calibrated.

IMPORTANT: If the incline system does not calibrate automatically, see HOW TO CALIBRATE THE INCLINE SYSTEM on page 23 and manually calibrate the incline system.

IMPORTANT: The console features a display demo mode, designed to be used if the elliptical is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see step 3 on page 21.

HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 14.

2. **Select the manual mode.**

   Press the Manual Control button to select the manual mode.

   If a wireless iFit module is not inserted into the console and connected to iFit, the manual mode will be selected automatically.

3. **Change the resistance of the pedals and the incline of the frame as desired.**

   As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons or by pressing one of the numbered Quick Resistance buttons.

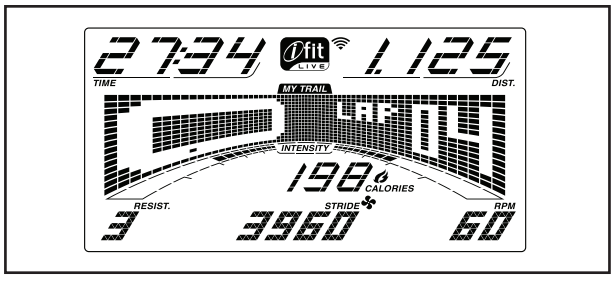
   Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

   To vary the motion of the pedals, you can change the incline of the frame. To change the incline, press the Incline increase and decrease buttons.

   Note: After you press a button, it will take a moment for the frame to reach the selected incline level.

4. **Follow your progress with the display.**

   The display can show the following workout information:



Calories (Cals.)—This display mode will show the approximate number of calories you have burned.

Calories per Hour (Cals./Hr)—This display mode will show the approximate number of calories you are burning per hour.

Distance (Dist.)—This display mode will show the distance that you have pedaled in miles or kilometers.

Incline—This display mode will show the incline level of the frame for a few seconds each time the incline level changes.

Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor (see step 5).

Resistance (Resist.)—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

RPM—This display mode will show your pedaling speed in revolutions per minute (rpm).

Stride—This display mode will show the total number of strides you have pedaled.

Time—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, this display mode will show the time remaining in the workout.

The matrix offers several display tabs. Press the Disp. button repeatedly until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

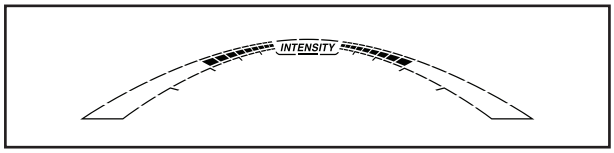
Speed—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

My Trail—This tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

Calorie—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

Incline—This tab will show a profile of the incline settings of the workout. A new segment will appear at the end of each minute.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.

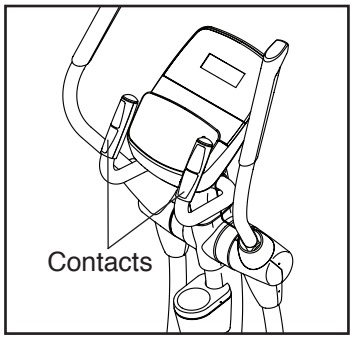


Press the Home button to exit the workout and return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 21 to set the default menu). If necessary, press the Home button again.

When a wireless iFit module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.

Change the volume level of the console by pressing the volume increase and decrease buttons.

5. **Measure your heart rate if desired.**



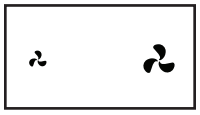
If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, a heart symbol will flash in the display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **Turn on the fan if desired.**

The fan has several speed settings. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

7. **When you are finished exercising, unplug the power cord.**

If the pedals do not move for several seconds, a tone will sound and the console will pause.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

When you are finished exercising, press the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components on the elliptical may wear prematurely.**

HOW TO USE AN ONBOARD WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 14.

2. **Select an onboard workout.**

   To select an onboard workout, press the Calorie Workouts button or the Performance Workouts button repeatedly until the desired workout appears in the display.

   When you select an onboard workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

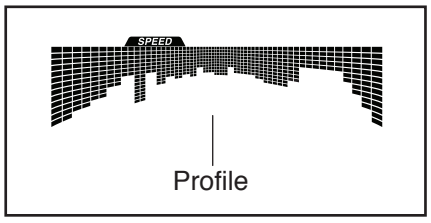
   The display will also show the maximum pedaling speed (rpm), the maximum resistance level, and the maximum incline level.

3. **Begin pedaling to start the workout.**

   Each workout is divided into one-minute segments. One resistance level, one incline level, and one target rpm (speed) are programmed for each segment. Note: The same resistance level, incline level, and/or target rpm may be programmed for consecutive segments.

   The resistance level, the incline level, and the target rpm for the first segment will appear in the matrix.

   During the workout, the profiles on the speed and incline tabs will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target rpm or the incline level for the current segment.



   At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level, incline level, and/or target rpm is programmed for the next segment, the resistance level, incline level, and/or target rpm will appear in the display for a few seconds to alert you. The resistance of the pedals and the incline level of the frame will then change.

   As you exercise, you will be prompted to keep your pedaling speed near the target rpm for the current segment. **When an upward-pointing arrow appears in the display,** increase your pace. **When a downward-pointing arrow appears,** decrease your pace. **When no arrow appears,** maintain your current pace.

   IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.

   If the resistance level or incline level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons or the Incline buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment and the frame will automatically adjust to the incline level programmed for the next segment.**

   The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 15.

5. **Measure your heart rate if desired.**

   See step 5 on page 16.

6. **Turn on the fan if desired.**

   See step 6 on page 16.

7. **When you are finished exercising, unplug the power cord.**

   See step 7 on page 16.

HOW TO USE A SET-A-GOAL WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 14.

2. **Set a calorie, distance, or time goal.**

   To set a calories, distance, or time goal, first press the Set A Goal button.

   Next, press the increase and decrease buttons next to the Enter button until the name of the desired goal appears in the display. Then, press the Enter button.

   Then, press the increase and decrease buttons next to the Enter button to set the desired goal.

3. **Begin pedaling to start the workout.**

   Each workout is divided into one-minute segments.

   You can manually change the resistance of the pedals and the incline of the frame as desired during the workout by pressing the Resistance buttons and the Incline buttons.

   Note: If you manually change the resistance level or the incline level during a calorie goal workout, the length of the workout may adjust automatically to ensure that you meet your calorie goal.

   Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance level or the incline level during the workout, the number of calories you burn will be affected.

   The workout will continue in this way until the calorie, distance, or time goal is reached. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   As you exercise, the calories, time, or distance display will count down until the desired goal is reached.

   See step 4 on page 15.

5. **Measure your heart rate if desired.**

   See step 5 on page 16.

6. **Turn on the fan if desired.**

   See step 6 on page 16.

7. **When you are finished exercising, unplug the power cord.**

   See step 7 on page 16.

HOW TO USE AN IFIT WORKOUT

You must have an iFit module to use an iFit workout. **To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

Note: To use an iFit module, you must have access to a computer with an internet connection and a USB port. You will also need an iFit.com membership. To use a wireless iFit module, you must also have your own wireless network including an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 14.

2. **Insert the iFit module into the console.**

   To use an iFit workout, make sure that the iFit module is inserted in the console.

   IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the iFit module must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

3. **Select a user.**

   If more than one user is registered on your iFit account, you can switch users in the iFit main screen. Press the increase and decrease buttons next to the Enter button to select a user.

4. **Select an iFit workout.**

   To select an iFit workout, press one of the iFit buttons. Before some workouts will download, you must add them to your schedule on www.iFit.com.

   Press the Map button, the Train button, or the Lose Wt. button to download the next workout of that type in your schedule.

   Press the Compete button to compete in a race that you have previously scheduled.

   Press the Track button to re-run a recent iFit workout from your schedule. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

   For more information about the iFit workouts, please see www.iFit.com.

   When you select an iFit workout, the display will show the duration of the workout and the approximate number of calories you will burn. The display may also show the name of the workout. If you select a competition workout, the display may count down to the beginning of the race.

   Note: The iFit buttons may also run demo workouts. To use the demo workouts, remove the iFit module from the console and press one of the iFit buttons.

5. **Start the workout.**

   See step 3 on page 17.

   During some workouts, an audio coach will guide you through your workout. You can select a setting for the audio coach (see HOW TO CHANGE CONSOLE SETTINGS on page 21).

   To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

6. **Follow your progress with the display.**

   See step 4 on page 15.

   The My Trail tab will show a map of the trail or it will show a track and the number of laps you complete.

   During a competition workout, the Compete tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show other competitors. The end of the matrix represents the end of the race.

7. **Measure your heart rate if desired.**

   See step 5 on page 16.

8. **Turn on the fan if desired.**

   See step 6 on page 16.

9. **When you are finished exercising, unplug the power cord.**

   See step 7 on page 16.

For more information about the iFit mode, go to www.iFit.com.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.

HOW TO CHANGE CONSOLE SETTINGS

1. **Select the settings mode.**

   To select the settings mode, press and hold the Disp. button until the settings information appears in the display.

   The display will show the total number of hours that the elliptical has been used and the total distance (in miles or kilometers) that has been pedaled on the elliptical.

   If an iFit module is connected to the console, the display will show the words WIFI MODULE or USB MODULE.

   If no module is connected, the display will show the words NO IFIT MODULE. If no module is connected, some of the settings options will not be available.

2. **Navigate the settings mode.**

   While the settings mode is selected, the matrix of the display will display several optional screens. Press the decrease button next to the Enter button repeatedly to select the desired optional screen.

   The lower section of the display will show instructions for the selected screen. **Make sure to follow the instructions shown in the lower part of the display.**

3. **Change settings as desired.**

   Units—The currently selected unit of measurement will appear in the display. To change the unit of measurement, press the Enter button repeatedly. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

   Demo—The console features a display demo mode, designed to be used if the elliptical is displayed in a store. Press the Enter button repeatedly to turn the demo mode ON or OFF.

   Contrast Level—The currently selected contrast level will appear in the display. Press the Incline increase and decrease buttons to adjust the contrast level.

   Trainer Voice—The currently selected setting for the audio coach will appear in the display. Press the Enter button repeatedly to turn the audio coach ON or OFF.

   Default Menu—The default menu will appear when you press the Home button. Press the Enter button repeatedly to select the manual mode or the iFit menu as the default menu.

   Check Status—The words CHECK WIFI STATUS or CHECK USB STATUS will appear in the display. Press the Enter button. After a few seconds, the status of the iFit module will appear in the display. To exit this display, press the Settings button.

   Send/Receive—The words SEND/RECEIVE DATA will appear in the display. Press the Enter button. The console will then check for iFit workouts and firmware downloads.

4. **Exit the settings mode.**

   Press the Disp. button to exit the settings mode.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Inspect and tighten all parts of the elliptical regularly. Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power cord is fully plugged in.

If lines appear in the console display, see HOW TO CHANGE CONSOLE SETTINGS on page 21 and adjust the contrast level of the display.

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 16.

HOW TO CALIBRATE THE INCLINE SYSTEM

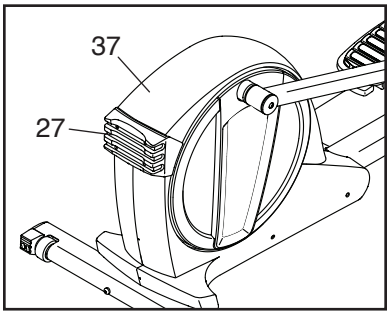
If the incline system is not functioning properly, it may need to be calibrated. To calibrate the incline system, press and hold the Calorie button for several seconds until the test mode appears in the display.

Next, press the Calorie button again. Then, press the Incline increase or decrease button to calibrate the incline system. The incline frame will move upward and downward as it calibrates.

When the incline frame stops moving, the incline system is calibrated. Press the Calorie button repeatedly to exit the calibration mode.

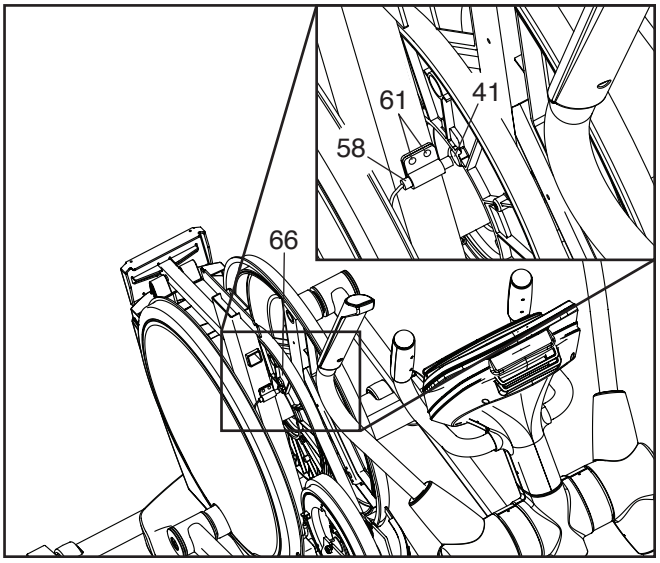
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first **press the power switch to the off position and unplug the power cord.**



Next, remove the four M4 x 16mm Screws (not shown) from the Large Storage Foot (27), and then remove the Large Storage Foot. Then, remove the two M4 x 16mm Screws (not shown) from the Top Shield (37), and then use a flat screwdriver to pry the Top Shield upward off the elliptical.

Look into the access opening and locate the Reed Switch (58). Rotate the Pulley (66) until a Magnet (41) is aligned with the Reed Switch.



Next, loosen, but do not remove, the two indicated M4 x 16mm Screws (61). Slide the Reed Switch (58) slightly toward or away from the Magnet (41). Then, retighten the M4 x 16mm Screws.

Plug in the power cord, press the power switch to the reset position, and rotate the pulley for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, press the power switch to the off position, unplug the power cord and reattach the top shield and the large storage foot. Then, plug in the power cord.

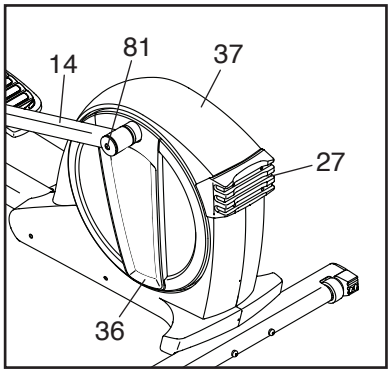
HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted. To adjust the drive belt, first **press the power switch to the off position and unplug the power cord.**

See EXPLODED DRAWING B on page 30. First, remove the M4 x 16mm Screw (61) from the Left Leg Inner Cover (39). Then, remove the Left Leg Inner Cover and the Left Leg Outer Cover (92).

Next, remove the two M8 x 16mm Screws (76) and the two M8 Washers (33) from the Left Upper Body Leg (101) and the Left Pedal Arm (14).

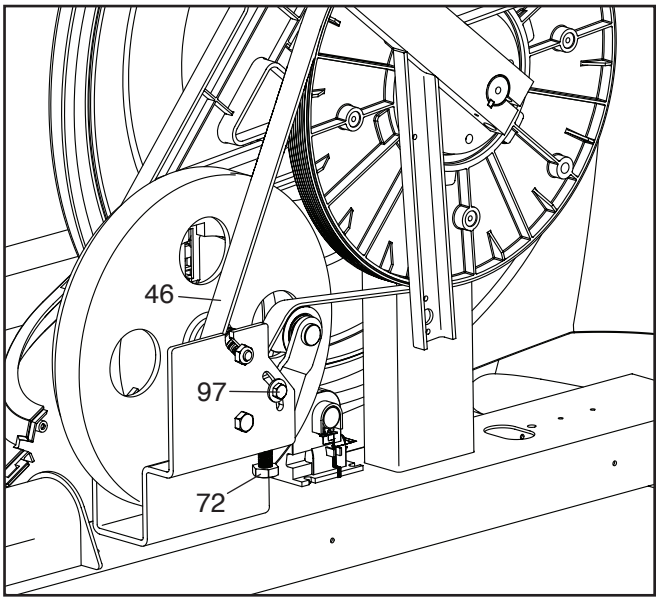
Then, remove the M8 x 14mm Shoulder Screw (81) from the Left Pedal Arm (14). Remove the Left Pedal Arm from the elliptical.



Remove the four M4 x 16mm Screws (not shown) from the Large Storage Foot (27), and then remove the Large Storage Foot. Remove the two M4 x 16mm Screws (not shown) from the Top Shield (37), and then use a flat screwdriver to pry the Top Shield upward off the elliptical. Then, pry the left Pedal Disc (36) off the elliptical.

See EXPLODED DRAWING C on page 31. Remove all of the M4 x 16mm Screws (61) and M4 x 38mm Screws (64) from the Left and Right Shields (44, 45). **Make sure to note which size Screws come from which holes.** Then, carefully remove the Left Shield.

Loosen the Idler Screw (97). Tighten the Idler Adjustment Screw (72) until the Drive Belt (46) is tight. When the Drive Belt is tight, retighten the Idler Screw.



When you are finished, reattach the left shield, the left pedal disc, the top shield, the large storage foot, and the left pedal arm. Then, plug in the power cord.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♡
145	*138*	*130*	*125*	*118*	*110*	*103*	♡
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

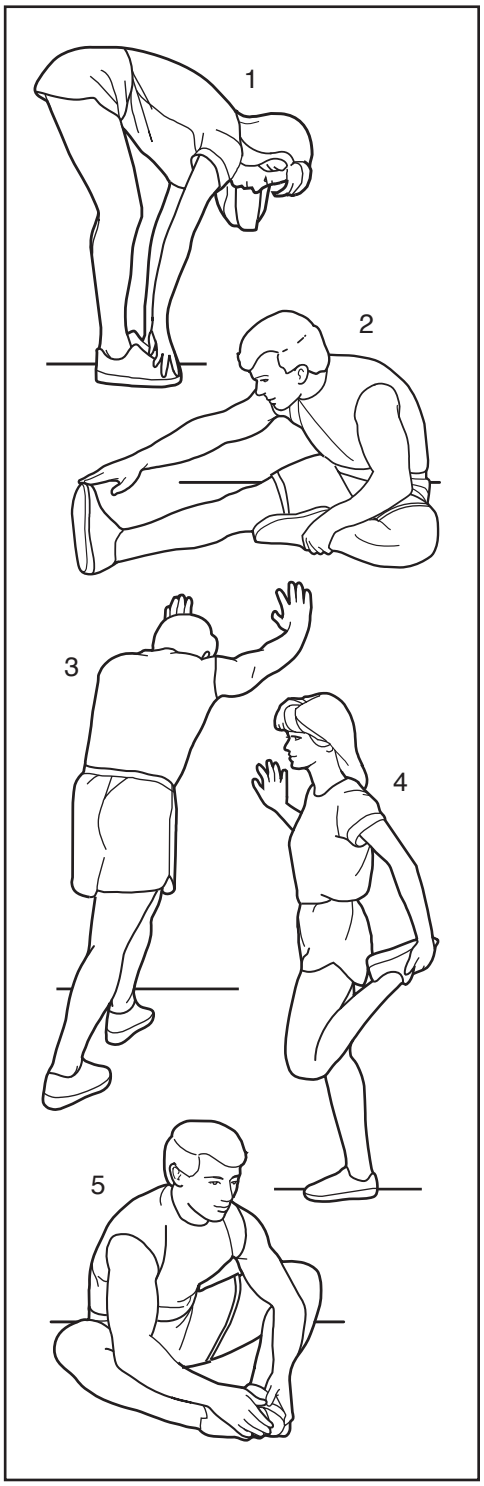
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

Model No. PFEL18014.0 R0414A

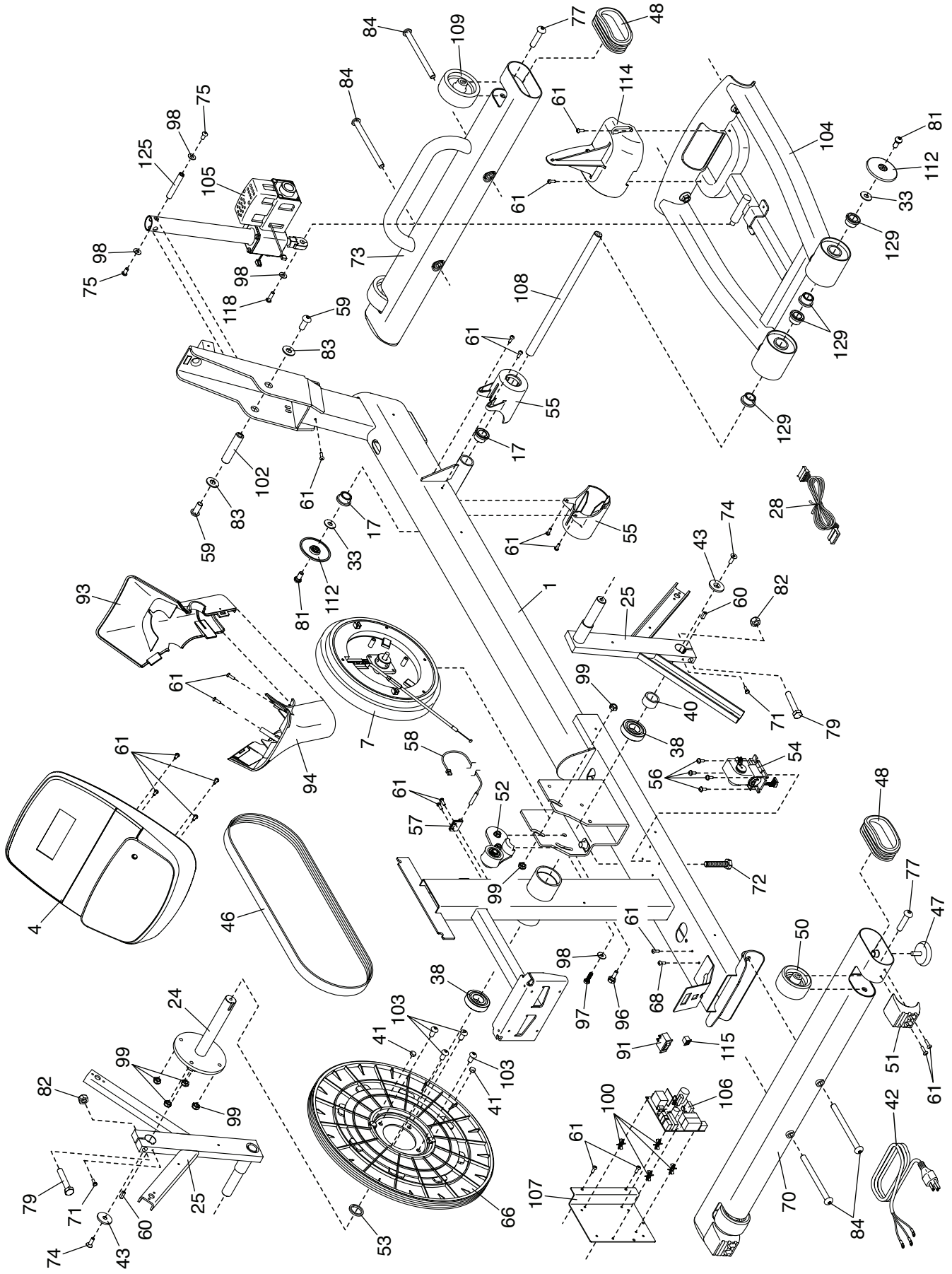
Key No.	Qty.	Description
1	1	Frame
2	1	Upright
3	1	Rear Upright Cover
4	1	Console
5	1	Accessory Tray
6	1	Right Upper Body Leg
7	1	Eddy Mechanism
8	1	Left Upper Body Arm
9	1	Right Upper Body Arm
10	2	Grip
11	1	Right Leg Front Cover
12	1	Left Pedal
13	1	Right Pedal
14	1	Left Pedal Arm
15	1	Right Leg Rear Cover
16	1	Front Upright Cover
17	6	Pivot Bushing
18	1	Left Leg Front Cover
19	1	Left Leg Rear Cover
20	2	Upper Body Arm Cover
21	1	Tray Housing
22	1	Right Leg Outer Cover
23	4	Pedal Arm Bushing
24	1	Crank
25	2	Crank Arm
26	2	Pedal Disc Insert
27	1	Large Storage Foot
28	1	Main Wire Harness
29	4	Pedal Arm Bearing
30	2	Pedal Arm Cap
31	2	Pedal Arm Axle
32	1	Right Leg Inner Cover
33	10	M8 Washer
34	1	Left Front Shield
35	1	Right Front Shield
36	2	Pedal Disc
37	1	Top Shield
38	2	Frame Bearing
39	1	Left Leg Inner Cover
40	1	Large Spacer
41	2	Magnet
42	1	Power Cord
43	2	Crank Arm Washer
44	1	Left Shield
45	1	Right Shield
46	1	Drive Belt
47	2	Leveling Foot
48	4	Stabilizer Cap
49	1	Right Pedal Arm
50	2	Small Wheel
51	2	Small Storage Foot
52	1	Idler
53	1	Small Spacer
54	1	Resistance Motor
55	2	Axle Cover
56	4	M4 x 12mm Washer Head Screw
57	1	Clamp
58	1	Reed Switch/Wire
59	2	M10 x 20mm Screw
60	2	Key
61	73	M4 x 16mm Screw
62	2	M4 x 30mm Screw
63	2	Pulse Grip
64	6	M4 x 38mm Screw
65	7	M4 x 19mm Screw
66	1	Pulley
67	2	M4 x 15mm Screw
68	1	M4 x 16mm Ground Screw
69	1	Pulse Wire
70	1	Rear Stabilizer
71	2	M4 x 12mm Screw
72	1	Idler Adjustment Screw
73	1	Front Stabilizer
74	2	M6 x 12mm Flat Head Screw
75	10	M6 x 12mm Screw
76	6	M8 x 16mm Screw
77	4	M10 x 60mm Screw
78	2	M10 x 45mm Screw
79	2	Crank Arm Bolt
80	1	M6 x 25mm Shoulder Screw
81	4	M8 x 14mm Shoulder Screw
82	2	Crank Arm Nut
83	2	M10 Washer
84	4	M10 x 120mm Screw
85	1	Upright Knob
86	1	Right Upright Cover
87	1	Left Upright Cover
88	1	M5 x 5mm Screw
89	1	Latch Release
90	1	Latch
91	1	Power Switch
92	1	Left Leg Outer Cover
93	1	Front Console Cover
94	1	Rear Console Cover
95	2	M10 x 50mm Screw
96	1	Pivot Screw
97	1	Idler Screw
98	8	M6 Washer
99	6	M8 Locknut
100	4	Stand-off

Key No.	Qty.	Description
101	1	Left Upper Body Leg
102	1	Upright Axle
103	4	M8 x 20mm Bolt
104	1	Incline Frame
105	1	Lift Motor
106	1	Control Board
107	1	Control Board Bracket
108	1	Incline Frame Axle
109	2	Large Wheel
110	1	Right Lift Motor Cover
111	1	Left Lift Motor Cover
112	2	Incline Frame Cap
113	14	Mount/Screw
114	1	Incline Frame Cover
115	1	Grommet
116	2	M10 x 140mm Bolt
117	2	M10 Locknut
118	1	M6 x 16mm Screw
119	1	Right Pedal Pad
120	1	Left Pedal Pad
121	1	Right Pedal Handle
122	1	Left Pedal Handle
123	1	Right Pedal Plate
124	1	Left Pedal Plate
125	1	Lift Motor Axle
126	2	Spring
127	2	M6 Acorn Nut
128	2	Pin
129	4	Lift Frame Bushing
*	–	User's Manual
*	–	Assembly Tool

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

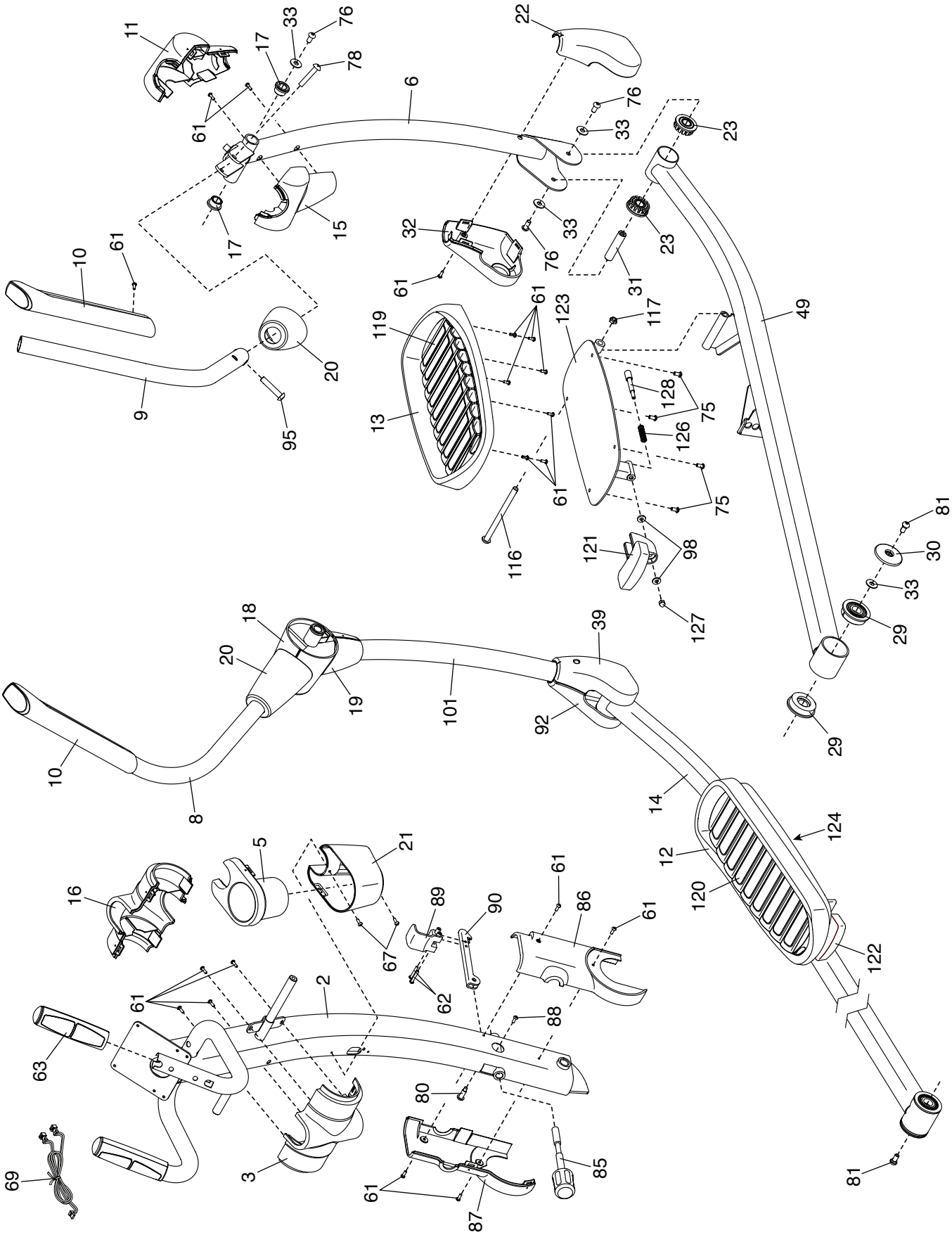
EXPLODED DRAWING A

Model No. PFEL18014.0 R0414A



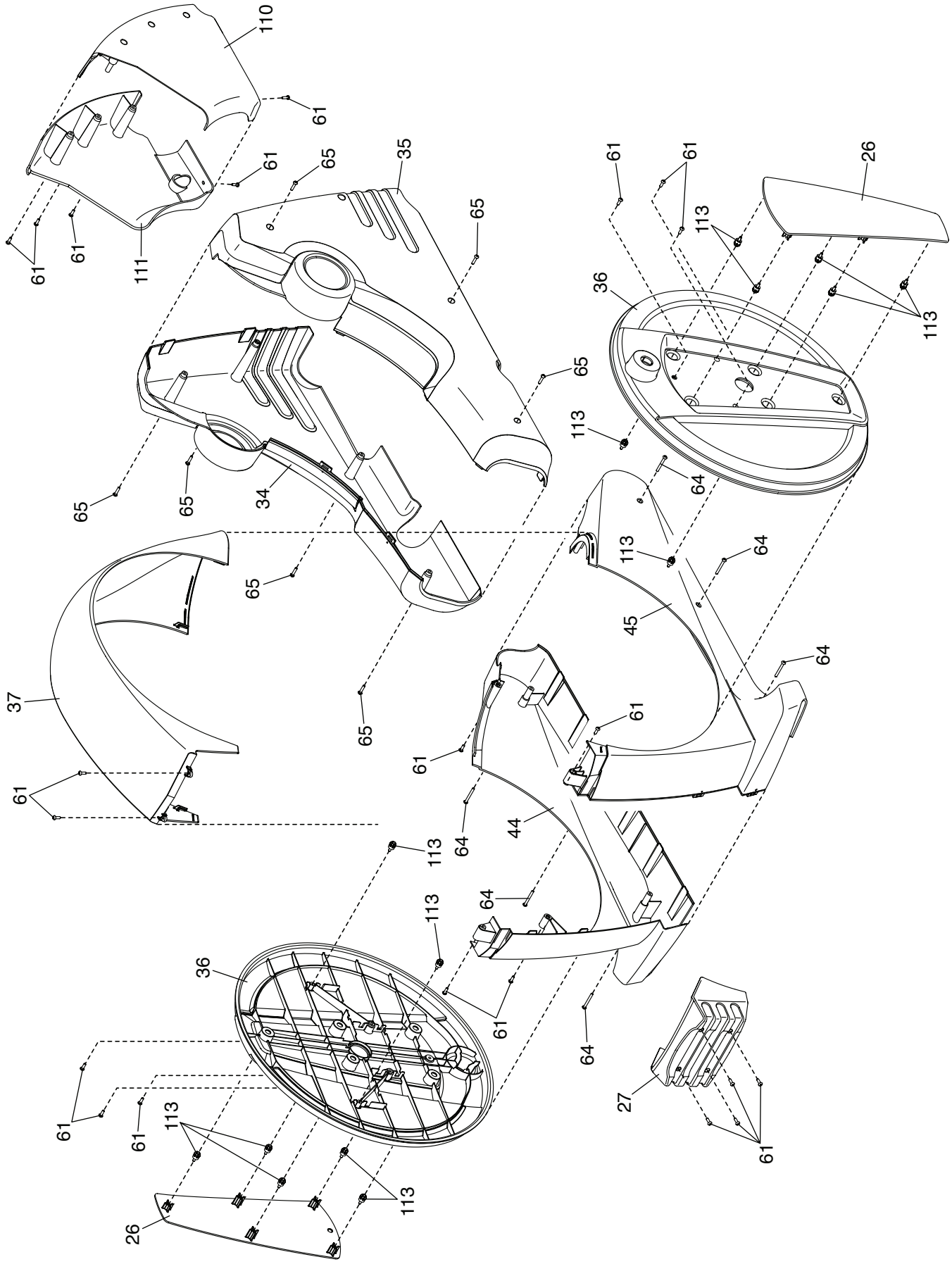
EXPLODED DRAWING B

Model No. PFEL18014.0 R0414A



EXPLODED DRAWING C

Model No. PFEL18014.0 R0414A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 5.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. Parts are warranted for two (2) years from the date of purchase. Labor is warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 353951 R0414A

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